

# HAD A GOOD FALL LATELY?

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Quite a few of our members have been reporting nasty falls with painful consequences. It seems to be more common as we get older and our balance gets more precarious.

The one thing to remember, if you find yourself going down, is to **go as loose** as possible and don't try to save yourself unless something much more disastrous may result. eg cutting yourself on sharp object, knocking your head severely etc.

Often an arm flung out to save the fall, results in a **dislocated shoulder**, wrist fracture or arm **fracture**. These problems can persist for years, whereas bruising would have only been weeks.

When dealing with injury to soft and hard tissues, we need to ascertain exactly what part of our body is involved and treat those areas.

When we sustain an injury, the body's first reaction is to protect the damaged cells by increasing the blood supply to the area and putting a cushion around the hurt spot. Fluid rushes into the tissues and **swelling** occurs.

Our physios keeps reminding us, the treatment is **RICE** - (but not the rice you eat)

**R = rest**  
**I = ice**  
**C = compression**  
**E = elevate**

An **ice pack or frozen peas** constricts the blood vessels, lessening the flow out into the tissues, bruising etc. It also helps to numb the area, lessening the pain - (wrap ice in a cloth).

**Bandage** if possible to support and restrict swelling too. Elevate above the heart level as gravity then assists venous return and makes it harder to pump more blood for swelling.

If the skin is not broken and you have **Hirudoid** or other anti-bruising cream to hand, applying as soon as possible will hasten the repair. With broken skin, apply iodine tincture (we have here at the Polio Clinic) and leaving open is still the quickest or you can apply plastic **spray bandage** - a chemist line.

First Aid over, let's look at the damage.



## **FRACTURE?** -

Your body needs the ingredients to repair the bone. Getting on to boron (borax) and magnesium lessens the pain within 48 hours and speeds healing of the bone. Boron is the cement that holds the bone together. Fractures should heal well in 6 - 8 weeks.

**JOINTS?** - Any problem with joints again needs boron and gelatine for repair. There is probably damage to muscle, tendons and maybe nerves too. If you remember these simple formulas you'll know what you need.

**Bone and joints** - need boron & gelatine  
**Muscles** - need magnesium  
**Tendons** - need manganese & gelatine  
**Nerves** - need Vitamin B6  
**Inflammation** - needs Vitamin C  
**Bleeding** - needs Vitamin C (pepper works)  
**Veins** - need Vitamin E  
**Cell repair** - needs zinc, Vits C & E, iodine

Analyse what's involved and what action you need. Once the initial swelling (ice) has been prevented, you may need heat (keep warm). **Cold constricts. Heat expands.** To effect repair we need the blood supply to bring in the fix-it items, so we want to encourage circulation now. Heat can also lessen pain. A hot pack, hot water bottle, electric blanket, hot shower or bath can help. And don't get cold. Cold depresses the immune system when the body is shocked by injury.

**PAIN** - pain depresses and makes healing difficult. Don't be a stoic, putting up with pain. We get better quicker if pain can be eliminated. Use the above formulae and pain killers as well if needed. Pain killers tend to constipate so you may need extra Vit C & magnesium to avoid constipation. Your body needs extra Vit C for the repair work anyway. You will know if you are having too much Vit C or magnesium - if your bowels get loose - cut back dose slightly

And **DO TAKE CARE** where you **put your feet**. You can slip on a drop of water or a pea!